NUTRION On Your Own

Self-Paced Lesson

SP — Mom Fitness

Mom Fitness

Welcome to the *Mom Fitness* take-home class. One way of practicing self-care after having a baby is moving your body. This class focuses on physical activity with *Mom Fitness* workout videos built for new moms. Choose a workout that speaks to you or try them all!

To get credit for this class, follow these steps:

- 1. Read the lesson.
- 2. Do a workout from a *Mom Fitness* video.
- 3. Fill out the survey at the end of the lesson.
- 4. Bring the survey to your next WIC appointment.

Taking care of your baby is a big part of your life. But don't forget about YOU. To be the best mom you can be, you need to take care of yourself. That means eating healthy foods, taking time to do things for yourself and being physically active.

Circle one or more reasons why physical activity is important to you:

- Sleep better
- Move better
- More energy
- More confidence
- Sense of purpose
- Lower blood pressure
- Better blood sugar control
- Other_

Move Your Body!

Physical activity doesn't only mean jogging, swimming or going to the gym. Work your way towards being active for 20-30 minutes every day. Walking around the grocery store, dancing to your favorite music or taking the dog for a walk are easy ways to have an active life.

List two physical activities you like doing or would like to start doing.

1				

2.

Work out with Mom Fitness!

Let's do a workout from the *Mom Fitness* YouTube playlist where you can find videos built for new moms. Our *Mom Fitness* trainers will guide you through 10-25-minute workouts, like yoga, cardio, strength and much more!



 Compared to other exercise videos you've seen, please circle how you would rate Mom Fitness. (1 star = Not good, 4 stars = Great!)

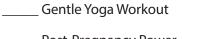




- 2. Check the *Mom Fitness* video(s) that you watched:
 - _____ Breath and Core Recovery _____ Full Bodyweight Circuit _____ Full Body Cardio

_____ Full Body Cardio HIIT

_____ Cardio Dance Workout _____ Upper Body & Core Workout



- _____ Glutes & Legs Circuit _____Core and Back Circuit
- Post-Pregnancy Power ____
- _____ Five Simple Moves to Work Out with Baby
- 3. Is there any other feedback you would like to give us about the *Mom Fitness* videos or take-home class?



